



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Your votes count

Register to vote at the base galley on Sept. 4 from 10:30 a.m. to 12:30 p.m. All active duty, family members, retirees and DoD civilians who are local residents of Clay and Duval Counties are encouraged to register.

For those active duty military members living away from their legal residence, absentee forms are also available.

Armed Forces Voter's week will be celebrated Sept. 2-6. Come out and exercise your right to vote. For more information contact ACCS(AW) Diana Burns, NAS Jacksonville Voting Assistance officer at 542-2516, 542-2838.

Fire Safety

The annual military family housing and mobile home park fire safety inspections and briefings for residents living aboard NAS Jax will be conducted by station Fire Department personnel beginning Sept. 3. The inspections will continue throughout the month.

If a resident is not home when Fire Department representatives stop by, a call back slip will be left on the door. Residents are asked to call 542-2783, 542-3928 or 542-2451, Ext.10 to reschedule a fire safety inspection and briefing. Fire Department personnel will be in uniform and conduct the inspection and briefing only in the presence of an adult.

The intent of this safety inspection and briefing is to help ensure maximum safety for all housing residents and to inform residents of actions to be taken should a fire or other emergency occur. Smoke and carbon monoxide detectors will also be tested.



Turn lights on for 9/11

On Sept. 11, everyone in the United States who will be driving a motor vehicle is asked to drive with their headlights on during daylight and nighttime hours.

Though no explanation is needed as to why we are commemorating Sept. 11 . . . it's more important to pay respect to the victims of that day, show our nation's solidarity and show support for our men and women of the Armed Forces.

'Sunseekers' showcase new Clippers

By Miriam S. Gallet
Editor

Last Saturday evening, under beautiful clear skies and in front of a crowd of 500, that included government and military officials, civic and community leaders, Sailors, their families and friends and members of the media, the Fleet Logistics Support Squadron (VR) 58 "Sunseekers" officially commemorated the arrival of their two newest aircrafts and recognized their namesake cities at a ceremony aboard NAS Jacksonville.

The new C-40A "Clipper" is the military's version of the civilian 737-700C passenger aircraft and the newest aircraft in the Navy's inventory. The aircraft replaced the Naval Reserve's aging C-9B Skytrain fleet, which the "Sunseekers" flew for 23 years. VR-58 is the second squadron to fly the C-40. Fort Worth, Texas-based VR-59, home of the Fleet Logistics Support Wing, first flew the plane early last year.

The two C-40 aircraft are named "The City of Jacksonville" and "The



AZ2 Robert Danner (left), AE2 Brett Stroman, and AM2 Bryan Carney of VR-58 perform a turn around inspection of the new C-40A "Clipper" in preparation for the "roll out" ceremony held last Saturday aboard NAS Jacksonville.

Photo by Miriam S. Gallet

See 'SUNSEEKERS', Page 10

Career Accelerator program proves successful

By Kaylee LaRocque
Staff Writer

Earlier this year, on Jan. 29, a pilot program was initiated at NAS Jacksonville in an effort to assist military spouses here find employment through the services of Adecco, the world's largest staffing company.

The pilot program, which was also implemented at MCAS Quantico, Va., proved so successful, the Department of the Navy is currently planning to expand the program at all Navy and Marine Corps bases throughout the United States.

The new program, called Adecco Career Accelerator,



Photo by Kaylee LaRocque

Patrick McDonald, Spouse Employment Assistance Program manager counsels Ruth Womack on her goals for finding a job in the Jacksonville area. Womack recently moved here when her husband was transferred from Beaufort, S.C.

works hand-in-hand with the Spouse Employment Assistance Program (SEAP) located at the NAS Jax Fleet and Family Support Center (FFSC). It is designed to help spouses receive career counseling

and training which will enable them to be placed in available positions at no cost to either the military or the client.

"The Adecco partnership really is a good thing. I mention this agency to every spouse that walks through my door. We volunteered for the pilot program here because we thought it would be beneficial to our military spouses. The more tools you have in the toolbox, the better it is. This is just another means of assistance we have to offer," explained Patrick McDonald, SEAP manager.

According to McDonald, he sees approximately 400 new military spouses a year.

"I get quite a bit of email from clients transferring to this area who are looking for information on employment. I respond by sending them local Web site addresses so they can begin searching and getting resumes out before they even get here," said McDonald, who took over the position in 1992.

"Many of the people who walk into our office are well-qualified and really don't need my help so I just give them some ideas and provide a layout of the city. They head out and I usually don't hear from them again. Some of the clients I

See SPOUSE JOBS, Page 10

Multi-purpose memorial tree planted



Photo by JO2(SCW) Eric Clay

Capt. Mark Boensel, commanding officer, NAS Jax, and Cmdr. John Lyle, command chaplain, plant an evergreen tree at Patriot's Grove on Aug. 21. The tree is dedicated in remembrance of the events on Sept. 11, 2001. It will also be used during the annual Christmas Tree Lighting celebration. For more information on a Sept. 11 memorial observance, see Page 8.

WEEKEND WEATHER

	FRIDAY 76/91 SCATTERED THUNDERSTORMS
	SATURDAY 76/89 SCATTERED THUNDERSTORMS
	SUNDAY 76/88 ISOLATED SHOWERS

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site:
<https://www.nlmof.navy.mil>

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Be safe during the Labor Day festivities

By JO2 Jackey Bratt
Staff Writer

The clock is ticking and tomorrow Labor Day weekend will begin. Everyone in your work center is talking about the trips they have planned. Driving to Georgia, North Carolina, and South Carolina are among the favorite weekend destinations. You have decided to try and make a normal 15-hour drive in a record breaking 10-hour timeframe. It's time to pack up the family and put as much distance as possible between you and home. To save on time you call ahead and have them waiting by the curb with a cup of coffee and their bags packed. The mission... go, go, go. Does this scenario seem all too familiar to you? If so, you may want to take time to think about this unwise picture.

Last week was a deadly one for Navy personnel throughout the Southeast Region. Unfortunately, two Sailors were killed and the others were seriously injured in three separate traffic mishaps. To date Navy-wide, there have been 68 fatalities as a result of off-duty motor vehicle mishaps. This number is up from 51 during this same time period last

year. The numbers are increasing, and the summer driving season is not yet over. Personal motor vehicle crashes continue to be the leading killer of our people. "We cannot afford to continue losing our Sailors unnecessarily," said Rear Adm. Jan Gaudio, commander, Navy Region Southeast. "What can we do to avoid these unnecessary losses? If running late, speeding should not be an option. Call your chain-of-command to work something out so a safe return is assured. Always plan your trip ahead to avoid preventable delays. Make sure your vehicle is up to the driving challenge by checking tires, oils, and lubricants. "Each of us should remind our shipmates and civilian personnel to use common sense when operating a motor vehicle or motorcycle, drive defensively, and always use risk management when making travel plans" stated Gaudio. Gaudio suggests supervisors find out where and how far the requestor is traveling before signing leave chits or approving long weekend liberty. Also, emphasize the use of seat belts, worn properly. Seatbelts can easily make the difference between life and death. Promote the sensible use of alcohol.

Alcohol complicates and clouds otherwise sound judgment. Don't drink and drive, and encourage drivers to plan ahead to minimize fatigue. According to the Navy Safety Center, trips should be scheduled to avoid driving during normal sleep hours. Coffee will not keep you awake. Ensure you are completely rested prior to departure/return from trip. Drivers should plan for at least a 15-minute rest stop every two hours. Limit driving to 350 miles per day or no more than eight hours on the road. Use defensive driving techniques, be careful when using your cell phone, and always wear your seatbelt. Leaders should stress the importance of personal responsibility, but first lay the right foundation and lead by example. "As leaders and friends, accept the challenge and invigorate our traffic safety program," concludes Gaudio. The losses of the past week are just too great to ignore. Keeping Sailors alive on our roadways is a constant challenge and every available resource must and should be used to ensure their safe return from liberty, weekend passes and during daily commutes. Summer is nearly over, however safety is a full time concern.

TSP offers alternatives to those nervous about money markets

From Chief of Naval Personnel, Public Affairs

It's tough to turn on the news these days without hearing about corporate accounting scandals and the plummeting stock market. The uncertainty on Wall Street should not discourage Sailors from participating or maximizing their participation in the Thrift Savings Plan (TSP), which offers significant tax incentives and opportunities to enhance retirement savings. One option for Sailors enrolled in TSP to consider while investors weather the storms on Wall Street is the G Fund, which consists exclusively of investments in short-term, non-marketable U.S. Treasury securities issued to TSP. Since 1991, the fund has earned an average annual return rate of 6.5 percent. Another option is the F

Fund, which is the TSP's bond market index fund. Since 1991, it has earned an annual average return of 12.9 percent. Sailors should also keep in mind that investment decisions should be made with long-term goals in mind. Each fund in the TSP has its own risk and return. Those options range from complete investment in the stock market — and its corresponding changes in value — to extremely low-risk government securities like the G Fund. The C Fund is the TSP's large-company Stock Index Fund. Since 1991 it has earned an annual average return of 12.9 percent. The S Fund, TSP's medium and small company stock index fund, and the I Fund, the International Stock Index fund, opened in May 2001, so neither has a long-term track record with regard to



returns. One of the other key benefits of the TSP is its flexibility, allowing Sailors the opportunity to move their money to different funds. One of the 782 E-3s who have enrolled in the program is FN Tarah Horney, attending Machinery Repairman "A" school at Service School Command in Great Lakes, Ill. Horney said she likes the hands-on approach to managing her TSP investments.

Got a consumer problem?

The following are phone numbers of contacts who can help with consumer problems:

Family Service Center - 542-2766
Better Business Bureau - 721-2288
State Attorney's Office Consumer Mediation - 630-2075
City of Jacksonville/Consumer Affairs Division - 630-3467
Florida Department of Business & Professional Regulation - 1-850-487-1395
Construction Industry Investigative Services - 727-5590

NAS Jax to host annual military retiree seminar next month

NAS Jacksonville is hosting the 31st Annual Military Retiree Seminar Sept. 28, at the VP-30 Auditorium from 9 a.m. until 3:30 p.m. All retired military members and their families in the Northeast Florida area are invited. Topics to be covered include legislative updates, long-term care, TRICARE, and military pay. Booths will be set up to answer questions. The keynote speaker is Bob Hurley, Relocation/Retiree Affairs Program manager at Submarine Base Kings Bay. Hurley is also Chairman of the Submarine Vets Veterans Affairs Committee, and a member of the Secretary of the Navy's Retiree Council. The NAS Jacksonville Retired Activities Office (RAO), a component of the Fleet and Family Services Center aboard the station,

is coordinating the seminar. RAOs were established in 1981. They serve as a link between the retiree and the military community and other government and private agencies. The RAO is staffed by retired volunteers trained to assist other retirees, their families and survivors. The RAOs clients are retirees from all branches of the uniformed services, both regular and reserves, their spouses, former spouses, children or designated representatives and guardians. All may seek help. Military members still on active duty who need assistance, especially with a Survivor Benefit Plan (SBP), can also call their local RAO. The RAO aboard NAS Jacksonville can be reached by calling 542-2766 Ext. 126 or 124, or e-mail at: raojax@nas-jax.navy.mil.

HEY MONEYMAN



Hey, MoneyMan! My roommate just got a loan for some extra cash from a place on Roosevelt Blvd and the paperwork says he must pay 491 percent interest. I told him this was illegal and he should go to the legal office. What do you think?

MoneyMan Sez: Wow, 491 percent interest. This is unbelievable! Ridiculous, but unfortunately, it probably is legal in Florida. Although Florida has a usury law, which restricts interest rates to no more than 30 percent annually, many lenders claim they are not required to follow Florida law because their charter is from an out of state bank or company. Most common are "cash advance" places and "pay-

day lenders." They charge "fees" instead of "interest" but the impact on the customer is the same. Be sure to read the federally mandated interest rates on all loans and other financial transactions. If they seem high, check it out before you sign the contract. No one needs money so badly that they should pay triple digit interest rates. If you have already taken

out a payday loan and can not pay it off, you should be given a 60-day grace period with no additional fees, if you go in person and ask for it. Remember, if you need money, go to your Navy-Marine Corps Relief Society, credit union, or bank. If they can't help, call me.


More questions? Call Hey MoneyMan at 778-0353.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant
Communion 9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship
Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



Meet A Sailor...

ET2(SW) STEPHEN MILLS

Job title/command:
Supervisor, NCTS Jax

Hometown: Auburn, Wash.


Family Life: Engaged

Past Duty Stations: USS Hue City (CG-66)

Career Plans: After finishing my service time, I plan to open a restaurant and bar.

Most Interesting Experience: Visiting Boston during Tall Ships 2000.

Words of Wisdom: Don't let anyone tell you that you can't do something.



Meet A Civilian...

BONTELLE HERARD

Job title/command:
Sales Clerk, NAS Jax Commissary

Hometown: Bronx, N.Y.

Family Life: Three sons, Doug, Aarelle and Keenan.

Past Duty Stations: Charleston, S.C., Washington, D.C. and Beaufort, S.C.

Career Plans: To be blessed with time to help anyone who needs me. My life goal is to become a minister.


Most Interesting Experience: Being a military wife.

Words of Wisdom: Remember, unconditional love is a beautiful thing.

Navy, city to host POW/MIA recognition service

Commander, Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service at 9:30 a.m. Sept. 19, at the Veterans Memorial Wall at the Jacksonville Coliseum. The keynote speaker will be retired Navy Capt. Dale Raebel, a former NAS Cecil Field pilot. He was shot down over North Vietnam and taken prisoner in August 1972. At the time,

a Lieutenant Commander, he was assigned to VA-37 flying from the USS Saratoga. The observance will honor all Americans who are former prisoners of war, service members and civilians still unaccounted for and their families. The observance reaffirms a promise to fallen comrades: "You are not forgotten!" The public and military personnel of all branches are invited to attend.



Jax Air News

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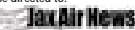
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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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JU to offer MBA program

From the Navy College Office

Jacksonville University is excited about the opportunity to offer their MBA degree in the executive program format for the military at NAS Jax.

The Executive Masters of Business Administration Program is specifically designed to accommodate the needs of mid-career professionals, both in context and convenience.

The course work combines both practical business knowledge with real-world relevance, which allows students the opportunity to apply these concepts and skills immediately in their positions.

With a strategic approach that focuses on mastering ability, the program also provides the necessary training to understand the details of business.

Fast paced and on the move, the 16-month, intensive program gives students the tools and confidence to maximize their potential. The alternating Friday afternoon and Saturdays provides a format for full-time study without career interruption. Students are admitted one time a year, in January, and remain with their class for the entire program.

Curriculum
Semester 1 (spring semester)
AGT532 Statement Analysis & Financial Accounting for Management Control

MGT581 Management of Information Technology
MGT550 Advanced Organizational Behavior
Semester 2 (summer semester)
BUS 534 Advanced Quantitative Methods
MKG540 Strategic Marketing Planning
MGT570 Operations Management
Semester 3 (fall semester)
FIN 536 Managerial Finance Theory & Practice
MGT 555 International Business
ECS500 Essentials of Economics
Semester 4 (spring semester)
MGT572 Corporate Strategy, Business Policy and Applied Research
ECS520 Managerial Economics
MGT588 Leadership: Influence, Power and Ethics
Selection Process
Admission to the Executive MBA Program is highly selective and limited to those individuals who demonstrate potential for top management.
The program is rigorous and requires the support of the student's family as well as their command or company.
The decision for acceptance is based on an evaluation of the student's undergraduate program and grades earned, work experience, professional recommendations and a personal interview.
Executive program candidates must have a bachelor's degree or equivalent, seven years professional work experience with five years in a management role and a proven track record of successful project.

They must also have a background in budget, product or resource management, an understanding of basic accounting, statistics and economics, proficiency in Microsoft Office programs and strong communication skills.

Application Process
Materials that must be submitted are:

- Completed application form
 - Two letters of recommendation from individuals who can speak to your intellectual and professional abilities
 - Transcripts from all colleges and universities
 - A \$ 100 non-refundable application fee
 - Interview with the director
 - Applicants whose native language is not English must submit a score from the Test of English as a Foreign Language (TOEFL).
- All application materials should be mailed to the Director, Graduate Business Programs, Jacksonville University, 2800 University Boulevard North, Jacksonville, Florida 32211.
- After all application materials are received, an on base interview will be scheduled with the director.
- Cost**
Tuition: \$ 340 per credit hour

HS-3 supports Hollywood



Photo courtesy of HS-3

A film crew catches a section landing of an SH-60F and HH-60H for the upcoming movie "Tears of the Sun." While on detachment recently aboard USS Harry S. Truman (CVN-75) in support of fixed-wing carrier qualifications, the "Tridents" of HS-3 participated in a Navy-supported motion picture shoot. "Tears of the Sun" is an action movie starring Bruce Willis as a Navy SEAL, and will be released during the spring of 2003. The film also stars Tom Skerrit and Eamonn Walker.

Books: Per class/ (estimated) \$100
The Director, Graduate Business Programs, Ellen Lockamy, will provide an information brief followed by individual counseling at the Navy College Office, Bldg. 110 on:
Sept. 10 - 10 a.m.-2 p.m.
Sept. 18 - 1-4
Oct. 3 - 10 a.m.-2 p.m.
Call Navy College on 542-2477/75 to sign up to attend one of the three briefings. If you would like to speak with Lockamy, call 745-7459 or email: elockam@ju.edu.

Fire safety inspection and briefing slated

From the Base Fire Department

The annual military family housing and mobile home park fire safety inspections and briefings for residents living aboard NAS Jax will be conducted by station Fire Department personnel beginning Sept. 3. The inspections will continue throughout the month.

If a resident is not home when Fire Department representatives stop by, a call back slip will be left on the door.

Residents are asked to call 542-2783, 542-3928 or 542-2451, Ext. 10 to reschedule a fire safety inspection and briefing.

Fire Department personnel will be in uniform and conduct the inspection and briefing only in the presence of an adult.

The intent of this safety inspection and briefing is to help ensure maximum safety for all housing residents and to inform residents of actions to be taken should a fire or other emergency occur.

Smoke and carbon monoxide detectors will also be tested.

Navy-Marine Corps Relief Society

Make us your first resource: not your last resort.

542-3191

NaDep Jacksonville military cited for accomplishments

By Susan Brink
NavAir Depot Jacksonville Public Affairs Specialist

On Aug. 2, Capt. Karl Yeakel, commanding officer Naval Air Depot Jacksonville (NavAir Depot Jax), recognized several of the Depot's active-duty military members. As Capt. David Beck, executive officer read several citations, the CO congratulated all of the recipients recognized for their past and present accomplishments.

The Navy and Marine Corps Commendation Medal was presented to ADCS Toby Hutchens for meritorious service while serving as the Maintenance Control supervisor, Flight Check

Operations, NavAir from May 2000 to October 2002. Hutchens was recognized as advocating the highest safe for flight standards, which were significant for NavAir Depot's third consecutive Chief of Naval Operations and Naval Air Systems Command Safety Awards, and the first Secretary of the Navy Large Industry Safety Award for 2001.

Yeakel also took this opportunity to welcome eight new military members to the Depot. Among them were four newly assigned active-duty staff members: Lt. Cmdr. Don Simmons, AMC Jerry Freeze, AMC John Moody, and AMC Richard Polinsky. Four of the eight Sailors are active duty for special work reservists

who are assigned in "hard-to-fill" positions throughout the Depot. They are IT1 Carolyn Hodges, AZ2 Onre Houston, SK2 Andrew Storms, and AK3 Charlene D'Andrade.

During the ceremony, Yeakel presented four plaques to members leaving the Depot. The following were presented awards for their contributions to the Depot during their tour: Lt. Cmdr. Mike Garland, Lt. Cmdr. Louis Vanleer, Lt.j.g. Dave Littleton, and ADCS Toby Hutchens.

Congratulations also went out to Lt. Cmdr. (Select) Darren Sweet and ETC (Select) David Fujioka for their recent promotions.



Photo by Victor Pitts

NavAir Depot Jacksonville Commanding Officer, Capt. Karl Yeakel presents Detlev "Joe" Wilkerson with the Civilian Award for Humanitarian Service.

NaDep Jax Employee given Humanitarian Service Award

By Daphne Burke
NavAir Depot Jax Public Affairs Specialist

On Aug. 16, Naval Air Depot Jacksonville Commanding Officer Capt. Karl Yeakel awarded Detlev "Joe" Wilkerson, quality assurance specialist, the Civilian Award for Humanitarian Service in recognition of his unselfish, heroic and compassionate efforts made on April 23.

During an evening walk with his dog, Wilkerson notice smoke coming from his neighbor's house.

Wilkerson, a retired Marine Corps veteran and Oklahoma native, investigated the source of the smoke knowing that his neighbor, 87-year-old Victoria Esposito, may be inside. Wilkerson walked to the rear of the home where he noticed through a window that Esposito was attempting to exit the burning structure. Placing himself in harm's way, Wilkerson broke down the door and physically assisted Esposito to the safety of a neighbor's home.

Removing Esposito from this life-threatening situation potentially saved her life. Due to Wilkerson's valiant act, Esposito has recovered fully from this tragic event.

Watch your mouth . . . Dental chief visits Jax



Photo by JO2 Mike Jones

Rear Adm. Dennis Woofter, deputy chief BUMED, Dental Operations Support and chief, Navy Dental Corps Bureau of Medicine and Surgery speaks to Sailors from Navy Dental Center Southeast about upcoming dental community changes during an all-hands call at the base theater Aug. 23.

Commandant of the Marine Corps sends birthday greetings

Dear Master Sergeant "Sarge" Maney,

On the occasion of your 80th birthday today, I would like to extend my hearty congratulations and best wishes.

As a fellow Marine, I would also like to take this opportunity to thank you for your selfless service to our nation. A charter member of the greatest generation, you willingly answered the nation's call and stood ready to defend the freedoms and ideals we cherish.

Admiral Nimitz' famous words - "uncommon valor was a common virtue" were about Marines like you: "ordinary" men whose courage and devotion compelled them to do the extraordinary.

I know I speak for Marines everywhere when I say that your legacy of valor and dedicated service will never be forgotten.

As you well know, our ties to the Corps and our sense of duty

don't end when we hang up the uniform. Although many years have passed since you have left our active ranks, your love for the Corps and for your fellow Marines has been a constant in your life.

This is evident in the nearly 14,000 hours you have volunteered with the Navy-Marine Corps Relief Society. Your steadfast support for this worthwhile organization will have profound effect on the Corps for generations to come.

On behalf of all Marines, please accept my heartfelt thanks for your service and my best wishes for many celebrations to come. May the future bring only the best for you and your family.

**Semper Fidelis,
James L. Jones
General, U.S. Marine Corps
Commandant of
the Marine Corps**



Photo courtesy of NMCRS

Sarge Maney sits in his office at the Navy and Marine Corps Relief Society (NMCRS) at NAS Jax. Sarge has made this interview room his office, proudly displaying a USMC bull dog and the plaque he received after volunteering 14,000 hours over 17 years. Sarge is celebrating his 80th birthday today and the Jacksonville NMCRS is proud and happy to celebrate this special day with him. Sarge is well known and liked by staff members and clients for his big smile and the compassion that he brings with him every day he walks into the office.

Kudo Korner

The following staff members at Naval Hospital Jacksonville were recently recognized with awards:

Navy and Marine Corps Commendation Medal
Lt. Cmdr. Alicia Morrison
HMC Debra Lancaster

Civilian of the Quarter
Janet Shirley

Civilian Length of Service Award
Tomma Fitzgerald (10 years)
John Longworth (40 years)
Larry Forbes (20 years)
Gail Milton (20 years)
Reta Pearl (20 years)
Cathy Colvin (10 years)
Rebecca McCaskey (10 years)
Genevieve Taylor (10 years)

Navy and Marine Corps Achievement Medal
Lt. Catherine Exendine
HM2 Renee Shatusky

NavHospJax volunteers share skills

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Twenty Naval Hospital Jacksonville volunteers used their medical skills to benefit homeless Jacksonville veterans during the Jacksonville Veterans Service Division's Veterans StandDown Aug. 3. The event, held downtown each year at the Greater Jacksonville Agricultural Center, is open to all veterans and their families requiring assistance.

Volunteers from many organizations provide information and services. The volunteers helped the veterans obtain entitlements through the Veterans Administration, conduct medical and dental examinations,

offer vision and hearing tests and help with employment opportunities and legal assistance. Free haircuts are available for the veterans as well as donated food and clothing. According to HM2 Anna Rosendahl, Naval Hospital Jacksonville's volunteers administered blood sugar finger sticks and screened urine samples, testing for diabetes and urinary infections. Rosendahl said the volunteers assisted about 250 people. Rosendahl said, "It is sad seeing the plight of many of these veterans." She was especially moved seeing a female veteran with her children taking advantage of the free food and clothing.

Rosendahl said many of the veterans are return customers, coming back each year for a day of dignity and caring offered by concerned citizens. Hospital volunteers included: HM2 Anna Rosendahl, HM1 Adolph Herrera, HA Joshua Awbrey, HN Marquita Davis, HN Michael Edwards, HA Alexis Galloway, Sephora Forbes, HN James Landrum, MS3 Tangel Turner, MS1 Ronald Shuler, HM3 Andrea Byrne, HM2 Renee Shatusky, HM3 Thanh Nguyen, HM2 James Sharp, HM2 Desiree Hare, HN Jamie Burgess, AMN Ted Richard (VP-30), HM1 George Garcia and HM2 Adam Rosendahl.



Photo by HM2 Anna Rosendahl

HA Alexis Galloway and HN James Landrum administer a finger stick on a veteran screening for diabetes.

TRICARE project allows for continuing coverage for seps

WASHINGTON, Aug. 19 - Family members of certain service members separating from active-duty are eligible for up to 120 days of TRICARE health care benefits. The Department of Defense Worldwide TRICARE Transitional Health Care Demonstration Project is retroactive to Jan. 1 and in effect for two years. It applies to families of: Active-duty service members involuntarily separated under honorable conditions. Reserve component members separated after serving on active duty for more than 30 days in support of contingency operations. A service member separated from active duty after involuntary retention on active duty in support of a contingency operation. A separated service member who voluntarily remained on active duty for one year or less in support of a contingency operation. TRICARE officials said eligible families may use TRICARE Prime, the least costly option for most people; TRICARE Standard, the fee-for-service option with deductibles and

cost shares; or TRICARE Extra, the network option with deductibles and negotiated fees. Eligible families receive 60 days of transitional coverage if sponsors served less than six years on active duty and 120 days if sponsors served six or more. Transitional benefits are not automatic. Sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System. Active duty sponsors may verify or update DEERS information by contacting or visiting the local facility that issues military identification cards. A facility locator can be found at <http://www.dmdc.osd.mil/rsl>. The DEERS portal page is at www.tricare.osd.mil/deers/. TRICARE Prime families automatically lose coverage when the sponsor separates from active duty, but they can continue coverage without a break by re-enrolling with a TRICARE regional managed care support contractor or local TRICARE service center. The demonstration project includes no dental benefits. The TRICARE

dental program for the reserve components is unaffected. Claims are processed through normal TRICARE channels. Reimbursement for eligible out-of-pocket health care expenses can be claimed from TRICARE on DD Form 2642. Itemized bills are required. Family members who have other health insurance must send claims to that provider before TRICARE. For more information on TRICARE and claim forms, call the Worldwide TRICARE Information Center toll-free at 1-888-DOD-CARE (1-888-363-2273), visit the TRICARE Web site at <http://www.tricare.osd.mil>, or visit the TRICARE service center or benefits counselor at the nearest military health care facility. Naval Hospital Jacksonville's TRICARE Health Benefits Advisors are located on the second floor of the main hospital building.

Don't drink and drive. Get a designated driver.

**Skin Cancer Screening
for active-duty only**

Naval Hospital Jacksonville Dermatology, in cooperation with Branch Medical Clinic Jacksonville, will be holding a skin cancer screening for all active-duty personnel at the NAS Jacksonville Branch Medical Clinic Sept. 18 from 1-4 p.m. (By appointment only). To schedule an appointment, call 542-3500, Option 1. Appointment availability is limited so be sure to call early and ask for *skin cancer screening*.

The Wellness Center

Bldg. 867
Monday-Friday
Corner of Jason & Enterprise
7:30 a.m. - 4 p.m.

- * Health Fitness Assessment
- * Cholesterol Reduction
- * Blood Pressure Reduction
- * ShipShape Weight Management
 - * Healthy Eating
- * Lose Weight With Hypnosis
- * Tobacco Cessation using Nicotine Replacement
- * Tobacco Cessation using Zyban
- * Quit Smoking With Hypnosis

Call us today to schedule an appointment at 542-5292, Ext. 10.

NROTC FRESHMEN

Installations invaded by college students

Orientation
held at
four sites

By JO2(SCW) Eric Clay
Staff Writer

Forty-seven students from the University of Florida and the University of South Florida's 2002 ROTC freshman class recently participated in a one-week orientation aboard NAS Jax, Naval Station Mayport, Naval Submarine Base Kings Bay, Ga., and Camp Blanding, from Aug. 20-24.

Capt. Nick Ross, officer in charge, University of Florida NROTC program said, "We hold this orientation program to give the students an idea of what the Navy does. We usually tour the three bases and conduct training at Camp Blanding."

While aboard NAS Jax, the freshman class underwent swim qualifications at the Aviation Survival Training Center, toured VP-30 and the Naval Aviation Depot.

The swim quals involved plunging into the pool from a platform 10-feet above water level and demonstrating a few of the basic strokes used in swimming. During their tour of VP-30, the students were given a briefing on the mission of the P-3 aircraft and they went aboard for a hands-on look.

The students visited Naval Station Mayport for a tour on board USS Klakring. They were also able to view a firefighting trainer demonstration. Their tour concluded with a visit to the static displays at HSL-46.

On their third day, the class headed to Naval Subbase Kings Bay. While there, they were given the chance to experience the Virtual Reality Submarine and Ship's Control Trainer at the Trident Training Facility. They were also given a tour of a submarine.

For the final day of the orientation week, the class went to Camp Blanding to take part in confidence and leadership courses. These two courses test the students in leadership skills as well as teamwork.

"The Navy is all about teamwork and the class is able to see and learn that first hand," said Ross.

Both courses tested physical and mental abilities. "Not being able to complete a segment of the course, doesn't mean failure. As long as you learn from the mistakes you don't fail," said Ensign Michael Certo, a college instructor. "You must think outside the box, to accomplish the mission."

Certo meant two things by making this statement: He was trying to give the students a clue to the solution and encouraging them not to over think the solution.

The freshman orientation week concluded with debriefing of the week's activities and an official closing ceremony.

"The students are officially sworn in as midshipmen at this ceremony and are given their collar devices," stated Ross.

The University of Florida's Navy-Marine Corps ROTC was founded in 1972. This year marks the first time a graduate from their ROTC program, Capt. Mark Emerson, has been selected for promotion to rear admiral. The university also has an Army and Air Force ROTC Program.

The University of South Florida began its program this year.



Students from the University of Florida and the University of South Florida assemble for a safety brief before they conduct swim qualifications.



Instructor Al Parks reassures a student during swimming qualifications.



PRAN Toby Joanda watches over the freshman class as they conduct swim quals at the Aviation Survival Training Center aboard NAS Jacksonville.

NROTC FRESHMEN



Students run from station to station during their leadership course displaying their eagerness to complete all tasks in a reasonable amount of time.



Students work together to solve team problems at Camp Blanding, Fla.



Members of University of Florida's Alpha Company attempt to accomplish their mission of moving supplies through a window surrounded by quicksand.



Members of the University of Florida's freshman ROTC class build a bridge using only three wooden planks as a part of their leadership training.

Photo by JO2(SCW)
Eric Clay

VP-30 ‘Front-Runners’ make chief petty officer

By Lt. Chris Rush
VP-30 PAO

The VP-30 “Pro’s Nest” had nine Sailors who have distinguished themselves as consistent top performers and leaders advance to the rank of chief petty officer. They are IT1 Gregory Barcus, AT1 Theodore Bottom, Jr., AW1 Scott Ehlers, A1 Julie Lankton, AD1 Lewis Lefevre, AD1 Rodney Thayer, AM1 James Torcorzic, AW1 Charles Wilson, and AT1 Kenneth Winschel, Jr. On this last cycle, only 27 percent of those eligible for E-7 were selected.

To be selected as a chief petty officer, each of the selectees have proven themselves over the years through many different jobs and positions to be capable of getting the job done and teaching others to do the same. “I have always believed that my job was to teach my subordinates to replace me,” said Lefevre when asked what he has done to continuously excel during his 18 years in the Navy.

Because of the prestige, respect and responsibility that accompanies the position of chief petty officer, each selectee will

inevitably become role models to those they supervise. When interviewed each selectee, could specifically name people who have served as role models in their lives to help them get to where they are today. “I have always surrounded myself with awesome people . . . they are the only reason I have been selected as a chief petty officer,” said Wilson when asked why he thought he was selected.

During the coming weeks the selectees will endure a training process in which they will learn first hand the responsibilities that come with the honor of being a chief petty officer. “The most important thing to remember is to take care of your people and they will take care of you,” said Torcorzic of his 12 and one-half years in the Navy. Their unwavering commitment to the Navy has been appreciated and has been rewarded by their welcome to a select group, an achievement some could not attain in a lifetime.

“Our hats are off to our new selectees,” said Cmdr. Ken Bowen, VP-30’s executive officer.



Courtesy of VP-30
VP-30’s chief petty officer selectees take a break from their recent chili sale to smile for the camera.

Nominations needed for military appreciation program

From CNRSE

Nominations are now being taken for the 25th annual Clay County Military Appreciation Program.

This program recognizes outstanding personnel who promote the county’s goals and objectives within the civilian community.

Nominations are being taken for Military Person of the Year, Military Spouse of the Year, and Reservist of the Year. All nominees must be residents of Clay County.

Selection criteria and nomination forms can be found at www.cnrse.navy.mil (click on command info, then click on Clay County Military Appreciation Nominations 2002).

Additional copies may be obtained by calling CNOCM(AW/NAC) Phil Mauffray at 542-2403 or from the Clay County Chamber of Commerce at 264-2651.

The deadline for submis-

sion of nominations is Sept. 11 at 5 p.m. Nominations can be dropped off at the NAS Jacksonville USO office, emailed to Kathy@claychamber.org, faxed to 264-0070 or mailed to: Clay County Chamber, 1734 Kingsley Ave., Orange Park, FL 32073. You can also drop off nominations at the Chamber of Commerce Monday through Friday from 8:30 a.m. to 5 p.m.

Finalists from each category will be honored at a luncheon hosted by the Clay County Chamber of Commerce at the Riverdance Music Hall at 797 Blanding Blvd. on Oct. 2.

All nominees and military representatives of the commands to which the nominee belongs are invited to attend. The uniform requirement for all Navy personnel is summer whites or the equivalent for other services.

For more information, call 264-2651.

911 memorial to be observed

A special memorial service will be held at Patriot’s Grove aboard NAS Jacksonville on Sept. 11 at 10 a.m.

The memorial service is planned in honor of our fallen heroes who were tragically taken from us one year ago during terrorist attacks

on America in New York City, in the Pentagon and in the fields of Pennsylvania.

Patriot’s Grove honors 80 Navy and Marine Corps Medal of Honor winners since the station was commissioned on Oct. 15, 1940.

USO requests donations

The USO is collecting old scarfs, hats, kerchiefs, or wigs to donate free to cancer patients.

The items will be cleaned, washed and ironed and distributed to the oncology offices in Jacksonville and the American Cancer Society.

The USO is located across the street from the

Pass and Decal Office at the main gate.

For more information call, 542-3028.



Sea Cadets and Navy League members get to experience, first-hand, operations aboard local naval vessels.

Photo courtesy of Navy League Jacksonville Council



Photo by JO2 Mike Jones

Secretary of the Navy Gordon England poses with local Navy League members during the Navy League of the United States Centennial Luncheon April 16.

Youth explore future with U.S. Naval Sea Cadet Corps

By Campbell McCarthy
Navy League Jacksonville Council

Naval Air Station Jacksonville, the Navy Marine Corps Reserve Center and Jacksonville Council of Navy League jointly sponsor one of the best sea cadet units in Florida.

Many people see cadets at training sites around the air station but not everyone knows the cadet program or

its mission.

Two separate cadet units train regularly at NAS Jacksonville. Youth ages 14 through 17 may join the U.S. Naval Sea Cadets, and youth ages 11 through 13 may join the Navy League Cadets. Both programs are drug-free, alcohol-free, gang-free units that emphasize nautical training, leadership, courage, self reliance, and good citi-

zenship skills.

To be eligible for the cadet programs both male and female recruits must pass navy type physical and written exams, and must be doing well in school. These young people are the future leaders of our Navy, and the other maritime services. The U.S. Naval Sea Cadets are a federally chartered program that was founded at the

request of the Department of the Navy. It is administered and receives financial assistance from the Navy League.

Currently, there are about 300 cadet units spread throughout the country. There is national central administration from NSCC headquarters in Arlington, Va.

Cadets earn real ratings in the U.S. Navy in grades

E-1 through E-3. They take the same written and practical factors training as a U.S. Navy Sailor.

Cadets have no obligation for military service upon course completion, but a large number choose to enlist, and over half of those will become commissioned officers. There are drills on base twice monthly, community service, social affairs, and two-week

summer training schools.

For enlistment, all prospective cadets must be accompanied by at least one parent. For more information, contact Lt. June Tillett, NSCC commanding officer of F.D. Roosevelt Squadron at 542-0611 or email tillettjn@navair.navy.mil; or Lt. Donnie Kreutz, dfkreutzusnsc@military.com.

SUNSEEKERS: Two Clippers make debut



Don Childre, support manager, The Boeing Co., gives a tour of the inside of the C-40 to his daughter and son in-law, Melissa and Jason Hyrne.

AT2 Matt Trexter, crew chief for the new C-40A "City of Jacksonville," shows the cargo deck to visitors at the ceremony Aug. 24. Inside the cargo deck are from AM1 William Wlaker, load master, and AK1 Lorri Howard, transport safety specialist.



Photos by Miriam S. Gallet



Dena Hiscock listens to Crew Chief AT2 Matt Trexter as he explains the cockpit of the new C-40 "Clipper."



Photo by PH2 Kim Smith

‘Mad Foxes’ recognize top performers

By Lt.j.g. Brett Staples
VP-5 PAO

The "Mad Foxes" of VP-5 are proud to announce their Sailors of the Quarter for the second quarter 2002. These Sailors were recognized at an all-hands quarters held in Aug. 19.

ADI(AW/NAC) Guy Mitchell was selected as Senior Sailor of the Quarter. Mitchell is the squadron's NATOPS flight engineer, as well as, a quality assurance representative.

He demonstrated superb initiative and professionalism by masterfully preparing the command for their recent In-Process Maintenance Performance Assessment (IMPA) and Flight Engineer NATOPS inspections.

Additionally, as an instructor flight engineer, Mitchell skillfully conducted several flight engineer boards and flawlessly rewrote the flight engineer tests for annual requalification and quarterly training.

"Petty Officer Mitchell's expertise

and demeanor are well beyond expectations. He utilizes every available asset to help VP-5 successfully and safely accomplish its mission," said LT. Cmdr. Lennie Reed, Mitchell's department head.

The squadron's Junior Sailor of the Quarter is YN3 Tarlisha Shanklin. Assigned to the "Mad Fox" administrative department, Shanklin ensured all pay and personnel transitions were executed smoothly and professionally for the squadron's 76 officers.

Additionally, she flawlessly executed all organizational and administrative support for the squadron's change of command, including guest list coordination and preparation, pre-invitations and the mailing and tracking more than 500 invitations.

She routinely goes above and beyond her duties to ensure the success of the administrative department and that of VP-5.

"She is regarded by her peers as a talented and dedicated shipmate, and is very deserving of this

award," stated Master Chief Jerry Williams, VP-5's command master chief.

PR2 Peter Petroski was selected as Mad Fox of the Quarter. As a result of his impressive leadership and resource management skills, he was chosen to be work center leading petty officer, a position normally held by more senior personnel.

Petroski expertly supervised the training and qualification of eight junior personnel in all aspects of the PR and AME rates.

His actions were directly responsible for the work center's success during a recent Wing Eleven maintenance inspection.

"Petty Officer Petroski has play a vital role in the success of this department," said Master Chief Pedro Donate, VP-5's maintenance master chief. "He is a great example of what you can accomplish with dedication and hard work."

While the competition in VP-5 is very strong, Mitchell, Shanklin and Petroski have distinguished themselves among the "best of the best."

City of St. Augustine." During the ceremony, Commander, Fleet Logistic Support Wing Capt. Vic Van Heest presented a model of the C-40 to St. Augustine Mayor Mark Alexander. Jerry Holland, president of the Jacksonville City Council received a model of the new aircraft from VR-58 Commanding Officer Cmdr. Gary Weistroffer. Both, Alexander and Holland praised the arrival of the C-40 and its mission.

Also in attendance was U.S. Rep. Ander Crenshaw of Florida. When asked about the new aircraft, Crenshaw replied, "I was born and raised in Jax. I live down the street from NAS and to have this type of plane here is great. They move people and heavy cargo. They do all the lifting for the Navy and to have them here is an honor. I salute the men and women of VR-58 and I will continue to work to ensure that they have all the resources they need available to them."

The arrival of the C-40 does not change the mission of VR-58, a reserve transport squadron based at NAS Jacksonville. However, they will now accomplish their mission at a lesser cost and at a greater speed. The efficient C-40 will set new standards for performance, low-cost operations and reliability for the fleet logistics support mission. The new "Clipper" flies higher, faster, farther and with a greater load than the C-9B.

VR-58 is one of the six Naval Reserve squadrons that provides seven days a week, around the clock worldwide logistical support for all Department of Defense agencies. The NAS Jax "Sunseekers" are proud to be part of the team that provides 100 percent of the Navy's worldwide in-theater medium and heavy logistics airlift support.

According to Lt. Cmdr. Bryan Wright, VR-58 public affairs officer, the new aircraft will enable the squadron to fly one of three different configurations. It will be able to fly the all-passenger rig, which will carry 121 passengers, com-

pared to 90 passengers for the C-9B, the all cargo rig, which can carry 41,000 pounds, compared to 25,000 pounds for the C-9B, and the combination rig, which can carry three pallets of cargo and 70 passengers, compared to three pallets and 45 passengers for the C-9B.

According to Weistroffer, the men and women of VR-58 have spent thousands of man-hours preparing for the arrival of their new aircraft and have completed all necessary ground and maintenance schools and simulator training.

"The initial training for the C-40 is state-of-the-art computer based training, or CBT, which is done right in our own VR-58 squadron hangar. Maintenance and aircrew schooling takes place in Atlanta, and simulator training takes place at Boeing training facilities in Seattle. The Flight Safety International training facilities are in Miami and additional simulator training is provided at CAE training facilities in Irving, Texas," said Weistroffer.

"The C-40 is a tremendous aircraft that our entire squadron couldn't wait to get its hands on."

Also in attendance was NAS Jacksonville Commanding Officer Capt. Mark Boensel who had nothing but praise for the men and women of VR-58.

Boensel, who toured the new C-40 said, "It's very exciting to have the new C-40. It gives the squadron and the air station more capability. It reinforces the vital role NAS plays. This aircraft is much quieter than the one it replaced and the neighbors loved it too."

When compared to the former "Skytrain", the C-40A has superior range and performance capabilities, updated avionics, and quiet, clean, fuel-efficient engines. The new aircrafts will increase the squadron's rapid response capability to the Fleet's worldwide airlift requirements.

With the nation at war against terrorism, the "Sunseekers" will continue transporting heavy loads and transporting personnel to destinations all over the world. Only now, they'll do it faster than ever before.

SPOUSE JOBS: Accelerator program proving successful

From Page 1

see however, have never created a resume or filled out a job application. Usually the first thing we do is give them a self-directed questionnaire to find out what their interests might be and we go from there," he added.

Clients are counseled on what type of position they are looking for, hours they would like to work, means of transportation, how far they would be willing to drive and would they need child care.

Once McDonald gathers all his information, he provides his clients with job listings that match their skills and heads them towards the computers to work on resumes and look for other employment.

He also gives them the information on Adecco, which has several offices in the local area including the one on Blanding Boulevard, which is very convenient to NAS.

"This is really great. I've already created my resume and am looking for part-time employment here. When I walked in, I was given a list of websites to search for jobs, some job listings and a brochure from Adecco. With three small children at home, it will be difficult but the expenses are so much higher here and we have to wait six months to a year for housing. The extra income will help out," said Ruth

Womack, whose husband was just transferred here from MCAS Beaufort, S.C.

"It is widely acknowledged that spouse employment affects retention. As necessitated by military obligations, spouses frequently move from one part of the country to another. This presents challenges to spouses who want or need a job or who are trying to build a career. Adecco Career Accelerator helps military spouses take command of their careers. The program is a big step forward in employment assistance for military spouses," said Deputy Assistant Secretary of the Navy for Personnel Programs Anita Blair, in a recent press release from Adecco.

Adecco currently has more than 1,000 locations throughout the United States, which means there is probably an office near most military bases. This means any spouses who use or used Adecco's services, can transfer earned vacation and holiday time and take advantage of 401K programs and tuition assistance.

For more information about the SEAP program, call 542-2766, Ext. 151. For more information about the Career Accelerator Program, visit <http://USAdecco.com/careeraccelerator>.

MWR NOTES

Is your command up to the challenge?

The Haunted Woods Challenge has been issued for 2002 to all commands on board NAS Jacksonville. Commands that wish to design and staff a scene for the Haunted Woods on Oct. 18 and 19 may win up to \$500 for their recreation funds. Cash prizes (for recreation funds) are given for the top three places and you get to have a lot of fun being scary. Registration forms are located in all MWR facilities or can be obtained at www.nasjax.navy.mil.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. I.T.T. has Jaguar tickets on sale for every home game, only \$47.75 a ticket and anyone on base can purchase them with no limitations.

I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets. Call 542-3318 for more ticket information. For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests.

The following are upcoming events:
Holy Land Experience -Take a pilgrimage on Sept. 7 to Orlando, to a living biblical museum that takes you back in time to the land of the Bible. Ticket and transportation for adults is \$29.60 and children (4-11) is \$25.60.

Busch Gardens -Leave the driving to I.T.T. on Sept. 14 and play all day, then sleep all the way home from Tampa. Tickets and transportation are \$58.25 for adults, and \$50.95 for children (3-9).

Okefenokee Swamp - Experience the ecological wonder of the Okefenokee on Sept. 21. Transportation and boat tour of the swamp is only \$19.25 for adults and children for \$15.25.

Halloween Horror Nights - It's that time again to experience Halloween Horror Nights at Universal Studios. Don't spend your time waiting in line at the park buy your tickets at I.T.T.

Marina has rentals available

Jet ski special: Now through Labor Day, the active duty rental rate is only \$25 per hour. We provide all the training you need at no cost.

Canoe and kayak rentals: The marina offers free canoe and kayak rentals to active duty military on Thursdays (on base use only). Family members are half off or ride in the same canoe or kayak for free.

The marina is offering 20 percent off boat rentals for active duty members Mondays through Thursdays. The marina also has a full line of camping and boating equipment for rent.

Enjoy September's Jon Boat special only \$15 for full day rental.

The next Basic Centerboard class is Sept. 7-29 (Saturdays & Sundays). The cost is only \$80 per person.

For more information, call 542-3260.

Saluting Sailors and their families contests

Holiday on the High Seas - Seven Families (bring up to four members of your immediate family) will cruise on Royal Caribbean Nov. 24 - Dec. 1

Ports of call include Miami, Labadee, Hispaniola, Ocho Rios, Jamaica, Georgetown, Grand Cayman and Cozumel, Mexico. Enter through Sept. 16.

New Year's Eve in NYC - Ten winners and their guests (one guest per winner) will visit Central Park, Empire State Building, Radio City Music Hall, Broadway, Rockefeller Center, Statue of Liberty and Times Square Dec. 27-Jan. 2.

Enter through Nov. 1. Enter both contests online at www.mwr.navy.mil.

The Zone offers daily lunch specials

Looking for a change in your lunchtime routine? How about checking out the daily lunch specials offered in The Zone. All lunch specials come with your choice of ice tea or soda. Chose to eat in Yesterday's Café, the Brew House, Bingo or if you are in the E7-E9 pay grade have lunch in the CPO Club.

Can't get away from the office? Live on base? Having an office party? Call The Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu just waiting for your call. To place an order call 542-3900.

Ladies golf clinic

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

Demo day at the golf club

On Sept. 27, six vendors will be on-site to demo their merchandise. For more information, call 542-3249.

Upcoming Liberty trips

Trips are open to active duty and their guests only. Some trips are restricted to active duty only.

Sept. 22 - Alan Jackson concert. The cost is \$30 including transportation and ticket.

Sept. 28 - Paintball trip. The cost is \$5 for active duty and \$18 for guests. This includes gun, transportation and 250 rounds of ammo.

The following are upcoming events and tournaments:

Sept. 2 - Canoe Races. Races start at noon and BBQ at 2 p.m.

Sept. 10 - Golf Day. Catch a ride to the driving range for free golf lessons. Leave Liberty at 4 p.m.

Sept. 18 - Billiards Expo. Watch the skills of world famous Little David 6-7 p.m.

All tournaments are free will be held in the Liberty Cove Recreation Center beginning at 7 p.m.

Sept. 4 - Spades Tournament

Sept. 7-9 - Ball Pool Tournament

Sept. 17 - Free Throw Shoot Out

Sept. 20 - Ping-Pong Tourney

Happenings for kids

Yellow Water Bike Rodeo – Sept. 7 from 10 a.m. - noon, all residents are welcome to come out. Call us for more information at 777-8247.

Dance classes and Tae Kwon Doe classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Free movies in the base theater

To read a description of these movies visit MWR on-line. Please do not leave children under 18 unaccompanied and no alcohol please.

Aug. 30. 7 p.m. - We Were Soldiers (R)

Aug. 31, 5 p.m. - Dragonfly (PG)

Aug. 31, 7 p.m. - John Q (PG-13)16 at 7pm: Big Fat Liar (PG-13)

Sept. 6, 7 p.m. - Enough (PG-13)

Sept. 13, 7 p.m. - Spider-Man (PG-13)

Sept. 14, 5 p.m. - The Emperors New Groove (PG)

Sept. 14, 7 p.m. - Life or Something Like It (PG-13)

Check out the RV Park

Visit NAS Jax RV Park. Reservations are taken 60 days in advance with a 14-day minimum stay. Call 542-3227.

Auto Preventive Maintenance Class 101, September 19 & 20

The class meets each third Thursday & Friday of the month from 6 p.m.-8 p.m. Patrons are required to attend both days to obtain the "Preventive Maintenance Skills 101 certificate.

Class instruction will cover the types of oils for vehicles, checking fluid levels, drive belt adjustments, brake wear, replacing brake pads and brake shoes, tire replacement and tire rotation.

Call 542-3227 to register. The class is not mandatory to use the Auto Skills Center.

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

Free Jags tickets to deployed Sailor's families

By CMDM Mike Van Middlesworth
COMHSWINGLANT

The "Sailors Awake" program is preparing for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors.

Since chaperones will be provided, children ages seven to 17 can attend unaccompanied. Spouses that go along can volunteer to be chaperones, if they like. Each chaperone will be assigned three to five children, which will provide for ample supervision. The children will be picked up by a Navy bus and taken down to Alltel Stadium and expedited to a pre-assigned seating area. The assigned seats are part of the Family Fun Zone at Alltel Stadium and provide a great environment for the "Sailors Awake" participants.

The "Sailors Awake" T-shirts provided to each participant must be worn throughout the game. After the game, the Navy bus will transport the children back to the base.

Prior to departure, each "Sailor Awake" participant is required to recite a pledge to "abstain from using drugs, alcohol, or tobacco." The program can also accommodate military activities wishing to send a group to a game. But hurry, because it's first come first serve, and there are only 50 tickets available per game.

"Sailors Awake" tickets are available for the following games:

Sept. 8 - Colts
Sept. 29 - Jets
Oct. 6 - Eagles
Oct. 27 - Texans
Nov. 10 - Redskins (reduced number of tickets available)
Dec. 8 - Browns
Dec. 22 - Titans

For information or to apply for any of the games listed, send an email to: vanmiddlesworth1mh@chswi.navy.mil, or call 542-3273.



Photo by Bill Bonser

ASTC's Larry Thompson blocks an attempted spike from VP-30's Todd Copeland during play.

VP-30 dominates volleyball league

By Bill Bonser
Sports Coordinator

VP-30 finished the regular season with a perfect 10-0 record to win the league. Their dominance continued in the playoffs as they defeated VS-32, ASTC, and AIMD to reach the finals.

ASTC fought through the loser's bracket after losing to VP-30 by defeating PSD and then upsetting VR-58 and AIMD to advance to the finals to play VP-30 in a rematch.

In the finals, ASTC matched up very well against VP-30 as both teams displayed great sets, spikes, and blocks.

ASTC proved that they were not intimidated by VP-30's dominance as ASTC won the first game of the three game match 13-9.

VP-30 felt the sense of urgency after losing game one and stormed out to an 11-4 lead.

VP-30 hit a drout and was forced to call a timeout when ASTC rallied to close the gap to 11-7.

The timeout proved to be crucial as VP-30 got back on track and managed to stave off the ASTC rally to win game two 13-8 to force the third game of the match.

With the double elimination format, the

third game of the match would decide whether VP-30 would be crowned champions or ASTC would force a second match for the championship.

ASTC started out the third game with a 2-0 lead, but VP-30 quickly tied it up after VP-30's Tom George spiked the ball off ASTC's Chris Cooper.

That proved to be the spark that VP-30 needed because they went on to shutout ASTC with a 7-2 victory to win the 2002 Intramural Sand Volleyball Championship.

Looking
for back
issues of
Jax Air
News?

Check out our
archives online.

www.nasjax.navy.mil/
JAX AIR NEWS/home.htm



COMMUNITY CALENDAR

A preschool opportunity for four-year-olds is available at **Venetia Elementary School**. The school offers a pre-kindergarten program that is available to many families in the area. New rules from the children's commission have affected the approval of children so all parents should apply or reapply as soon as possible. When applying be sure to bring your child's birth certificate, social security card, proof of address and an a copy of the latest LES. For more information, call 772-0989.

The **Sickle Cell Disease Association of Northeast Florida and Shands Jacksonville** cordially invite you or your organization to participate in this year's walk-a-thon, Sept. 7 at the Shands Wellness and Education Center, 1605 Myrtle Ave., Jacksonville. Registration will begin at 8 a.m. and the walk at 9 a.m. Entertainment, clowns, face painting, space walk, cotton candy snow cones and much more await the participants. For further information call 244-4472.

The **Jacksonville Semper Fidelis Society** will hold their monthly meeting Sept. 18 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

The **Navy Wives Club of America, NWCA Jax #86**, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjrjax@attbi.com or 241-6222.

The **Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

The **Clay County Chapter 1414 National Association of Retired Federal Employees**, cordially invites all retired and currently employed federal employees to their regular monthly meeting Sept. 10 at 1 p.m. at the Orange Park Library, 2954 Plainfield Avenue, Orange Park. For more information call 276-9415.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth

Loretto Road. Call 268-1591.


The 2002 Memorial Reunion of **USS Canberra (CA-70 and CAG-2)** is scheduled for Sept. 19-22 in Falls Church, Va. For more information, email memcrew@aol.com or call Paul McManuels at (717) 737-2516.

A reunion for members of **USS Sperry (AS-12)** who served on the ship from 1942 - 1982 is planned for Oct. 10-12 in Galveston, Texas. For more information contact Arnold Ross at (281) 534-2459 or email aross14573@aol.com.

The crew of the **USS Greene, DD266, AVD13, APD36** will gather in Jacksonville, at the Hilton- Jacksonville Riverside Oct. 10-13. The crew will visit NS Mayport and NAS Jax. Other events include a prayer breakfast, ceremony at the Lonely Sailor Statue and a banquet. For reservations and more information, call 398-8800.

USS Dwight D. Eisenhower (CVN-69) crewmembers are hosting a 25th anniversary celebration Oct. 14-18 in Norfolk, Va. For more information visit the website at <http://www02.clt.navy.mil/eisenhower> or email ike25@eisenhower.navy.mil.

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FFSC offers educational and support programs to military members and their families

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available during the months of August and September:

Aug. 29, 8-11 a.m. - Anger Control Workshop
 Aug. 29, 1:30-3 p.m. - Volunteer Service Council
 Sept. 4 - Oct. 9, 8 a.m. - 4 p.m. - Parenting Skills Workshop
 Sept. 5 - 8 a.m. - noon - Smooth Move Workshop
 Sept. 9-12, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop
 Sept. 9, 1-3 p.m. - Car Buying Strategies
 Sept. 10, 8 a.m. - 4 p.m. - Stress Management Workshop

Sept. 10, 11 a.m. - 1 p.m. - Budget for Baby Workshop

Sept. 12, 9:30 a.m. - noon - Time Management

Sept. 16, 9 a.m. - noon - Florida Family Law Information Seminar

Sept. 16 & 23, 1-5 p.m. - Assertive Communication Training

Sept. 17, 8 a.m. - 4 p.m. - Couples Communication Workshop

Sept. 17, 9-11 a.m. - What about the Kids?

Sept. 18, 6-8 p.m. - Budget for Baby Workshop

Sept. 23-26, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Sept. 24, 9-10 a.m. - Sponsor Training Workshop

Sept. 24, noon - 4 p.m. - Divorce Adjustment Workshop

Sept. 26, 8-11 a.m. - Anger Control Workshop

Sept. 26, 1:30-3 p.m. - Volunteer Service Council

Sept. 26, 6:30-9 p.m. - Ombudsman Assembly

Sept. 27, 9-11:30 a.m. - Home Buying

Sept. 30 - Oct. 4, 8 a.m. - 4 p.m. - Command Financial Specialist Training

Need a ride? Club 2000 can help

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338.

You will be provided a taxi ride, paid for by the station, to your home within

the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist them in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

Discounts/coupons available

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JAX TALES

By Mike Jones

RICKYSTOUR@YAHOO.COM



I found buried treasure in my basement

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A blind person's wish is a guide dog's command. Guide dogs give people who are blind or visually impaired the freedom and mobility to go wherever they want, with confidence. A blind person and a guide dog are a working team for independence.

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JAX SPORTS

Softball meetings slated

The Graybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 11:30 a.m.

The intramural softball league is open to all NAS Jax active duty commands and personnel. The season begins Sept. 16.

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 16.

The open league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 4:15 p.m. All interested personnel should attend these meetings to discuss rules and to get the

required paperwork to join the leagues.

Men's/Women's tennis tourneys being held

These tournaments will be held Sept. 30 at 5 p.m. They are free and open to all NAS Jax active duty men and women.

The matches will be played at the Birmingham tennis courts. Individuals playing in the tournament will earn Captain's Cup points for their respective command. Call the NAS Jax gym to sign up by Sept. 27.

Men's/Women's Captain Cup racquetball tourneys set

The tournament will be Sept. 16-20. It is free and open NAS Jax active duty only. Matches

will be played nightly at the NAS Jax gym beginning at 5 p.m. Sign up by Sept. 11.

All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gym from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542 2930/3239 or e-mail us at dbonser@nas-jax.navy.mil or dgorman@nasjax.navy.mil.



Help Us Keep Our Base Clean!

SPORTS STANDINGS

Intramural Golf Freedom League Final Standings

Teams	Wins	Losses	Ties
GEMD	9	0	0
AIMD (B)	8	2	0
VP-5	8	2	0
NAVAIRES	6	2	0
Navy Band	6	4	0
NAMTRA B	5	5	0
VS-24	3	7	0
FASO	3	7	0
Wing 11	2	7	1
FACSFAC 2	2	8	0
NHSD	0	9	1

Intramural Golf Liberty League Final Standings

Teams	Wins	Losses	Ties
VP-30	11	0	0
FACSFAC JAX #1	9	2	0
BICMD	6	3	1
VR-58	7	4	0
ASTC	7	4	0
AIMD	6	4	1
CPRW-11 (A)	6	5	0
VP-16	4	7	0
VP-62	3	6	0
HS-75	2	9	0
NavHosp	1	9	0
NAMTRA 1011	0	10	0





The Wellness Camp
Oct. 24 & 25
sponsored by
The Wellness Center & MWR Fitness Source
Building 607
Thurgood Avenue
NAS Jacksonville
To register: Call 542-1295, Ext. 19



Schedule:

Oct. 24
7:45-8:15 am Breakfast
8-10 am Health/ Stress Analysis (HSA)
10:30-12:00 pm Lunch to Follow (Diets of Change)
12:30-1:15 pm Stop for Health Assessment Test
1:15-1:30 pm Lunch (on your own)
1:30-2:15 pm Stress Management/Relaxation
2:15-3:15 pm Forensic Stress Center

Oct. 25
8-10 am MWR Introduction to Camp Equipment
10:15-11:00 am Stop for lunch/drink - Fitness Center
11:00 am - 12:30 pm Lunch (on your own)
12:30-1:30 pm Healthy Cooking/Demonstration
1:30-2:45 pm Tailgate/Free Day

Notes/Event Times:
Stop After 10:00 pm (after 10:00 pm, no more guests allowed for today. All meals are a good set of healthy meals on-site.)
Stop After 10:00 pm (after 10:00 pm, no more guests allowed for today. All meals are a good set of healthy meals on-site.)
Bring a towel for after your workout.

In Gear

A weekly look at the automotive market
